



Extreme Makeover— For Your **PANTRY**

As summer vacation comes to an end and the kids head off to school, fall organizing begins. What better way to begin organizing than to give your pantry a healthy makeover!

One of the first steps to cooking healthy is to stock your pantry with a variety of foods that serve as the base to a healthy meal. If you are like many people, your pantry probably contains a number of unhealthy items or items with unhealthy ingredients. If so, you may be in need of a “pantry makeover”!

Let’s Get Started!

STEP 1: Pull everything out of the pantry and put it on your kitchen table.

STEP 2: One by one, take an item and look at the label. If “hydrogenated” or “high fructose syrup” is listed as an ingredient, toss it or put it in a “donation pile.” These are unhealthy ingredients that are not part of a healthy diet.

If your pantry has:	Consider this:
Cream-based soups	Opt for non-cream-based soups and low sodium varieties. Consider adding your own fresh vegetables to canned soups for added nutrients.
Canned fruit	Packaged in own juice rather than syrup
Regular pasta noodles	Whole wheat, quinoa, soy or spinach pasta
Pasta sauce	Sauce that doesn’t include high fructose corn syrup
White rice or pre-packaged rice mixes	Brown rice or other grains such as couscous, orzo and bulgar. If using boxed rice, opt for a low sodium variety and only use half the seasoning pouch.
Baked beans	Dry or canned black beans, kidney beans or lentils
Canned tuna	Packaged in water, not oil
Colored cereals (that change the color of the milk)	Cereals that don’t have food coloring, hydrogenated oils or a lot of added sugar. Try oatmeal.
Vegetable oil	Extra virgin olive oil, canola oil or sunflower oil
Buttered popcorn packets	Unbuttered packets or unpackaged corn to use in an air popper
Syrup	100% maple syrup without high fructose corn syrup. Or choose honey or agave nectar.
White flour	Whole wheat flour
Colas	Sparkling water or herbal teas (watch canned iced tea—many have high fructose corn syrup)
Ketchup, soy sauce, barbeque sauce, teriyaki marinade	These commonly contain high fructose corn syrup; look for varieties that do not include it.
Canned vegetables	Frozen vegetables
Jar applesauce or dried fruits	Choose those with no sugar added
Boxed pasta dishes or boxed potato dishes	They are typically full of sodium and fat; avoid pre-made box meals
Peanut butter	Natural peanut butter, almond butter or sunflower butter
Chips	If you must buy these, choose baked chips, blue corn chips or whole wheat pretzels
Crackers	Whole wheat crackers or sesame thin crackers (check for saturated fat)



TIP: Common culprits for high fructose corn syrup: juice, syrup, spaghetti sauces, nuts, crackers, and chips.

Don’t forget to check expiration dates too!



STEP 3: Check the items against the list at the left. If they fall under the left column, consider replacing them with the suggested healthy item listed in the right column.